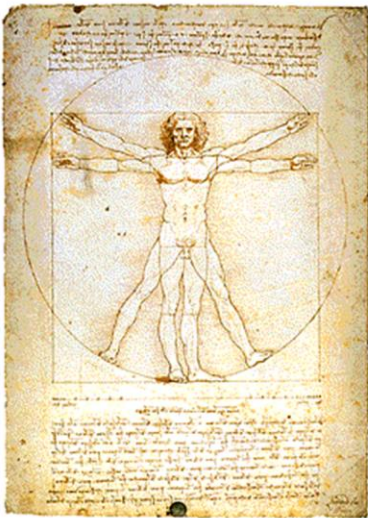


Injury Prevention

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Injury Prevention

Injury Prevention consists of the intervention that eliminates or reduces the likelihood of **INJURY**



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Injury Prevention Programs

- ▶ Trauma Coordinators are responsible for
 - Developing
 - Generating ideas needed in your communities or facility for injury prevention
 - Coordinating
 - Working with other groups/agencies/facilities/employees to bring education
 - Implementing
 - Providing education, promoting safety, distributing tools

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As Trauma Coordinator, you probably thought you were responsible for “something” but not “everything”. Well, think again! Some of the larger facilities will have identified an Injury Prevention Coordinator who will work with your on Injury Prevention activities and Community Outreach, but for many smaller facilities this will be you! There are probably people within your facility that already perform some educational functions associated with injury prevention. For instance, there may already be something in place for car seat use, fire and poisoning safety and fall prevention..

Injury Prevention

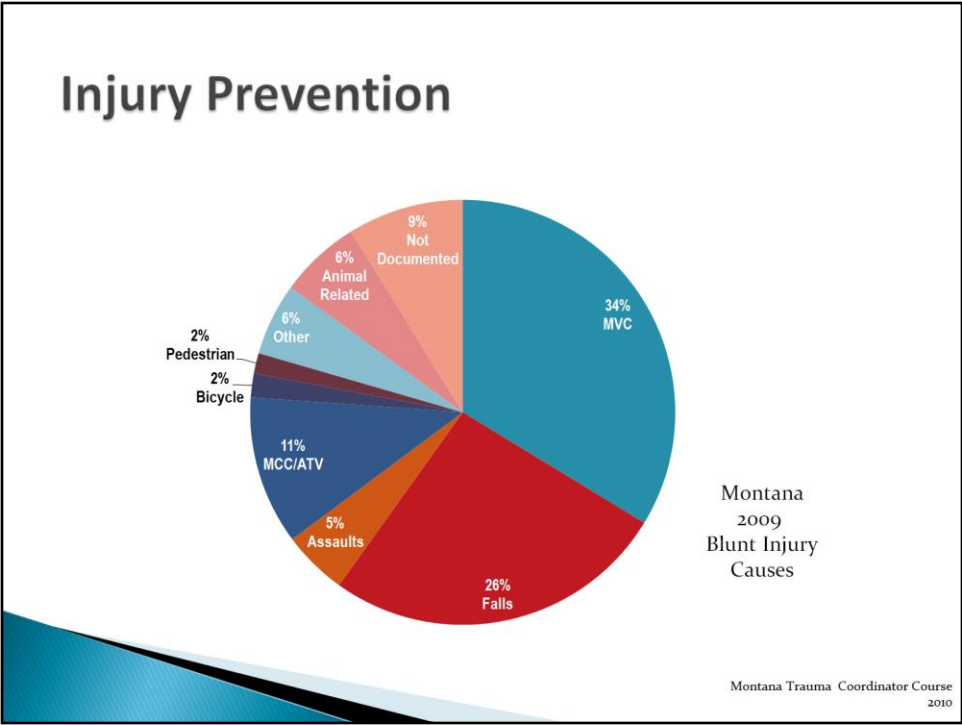
- ▶ Determine the needs for injury prevention in your area
 - Use the trauma registry to determine what injuries are most prevalent in your community /area
 - Additionally, identifying trends and patterns for ALL injuries your facility encounters assists in identifying prevention activities
 - Use the Montana injury prevention data
 - What is needed in your area?
 - MVC and drinking
 - Falls
 - TBI

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Use the registry to identify the most prevalent types and trends of injuries for your area/community. Are falls or motor vehicle crashes most common? Does your community have a lot of ATV crashes involving children? Are patients hospitalized after falls becoming more prevalent? Are accidental near-drownings increasing? Are horse-related injuries a local issues? How many patients involved in bicycle crashes are not wearing helmets? Do local people use seatbelts regularly? Is alcohol a factor in local injuries?

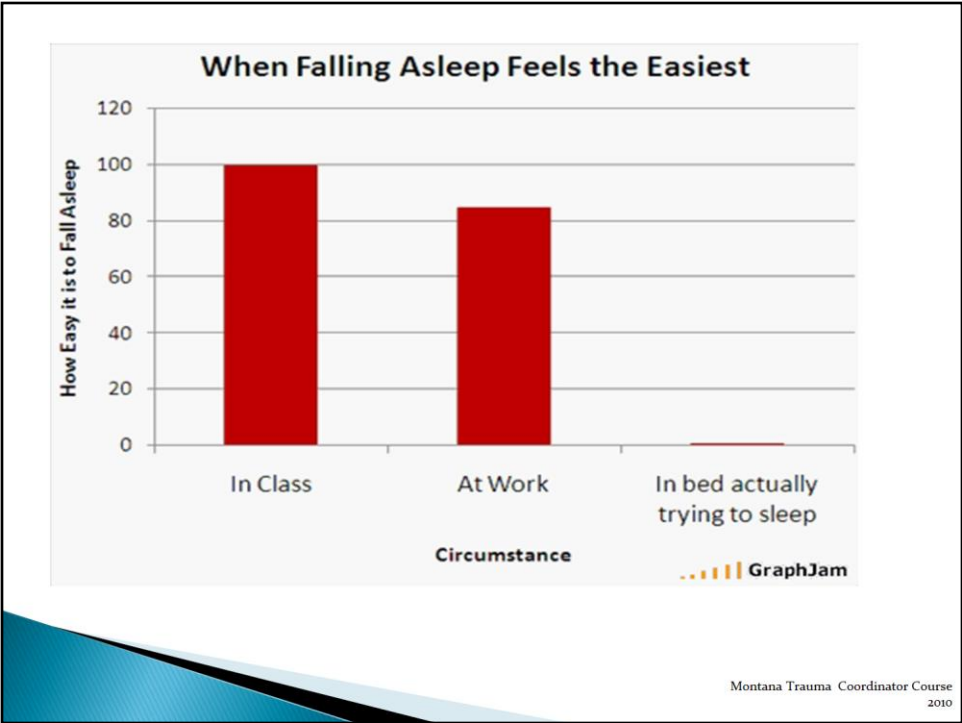
Your trauma registry should be able to assist you in identifying your local trends, issues and occurrences, so you can determine where to put you time, energy and best efforts for injury prevention and reduction. Collector users can run helpful reports. Paper users can request reports from our Central Trauma Registry. Graphs may help to visually illustrate the issues.

This is your data and it needs to work for you!

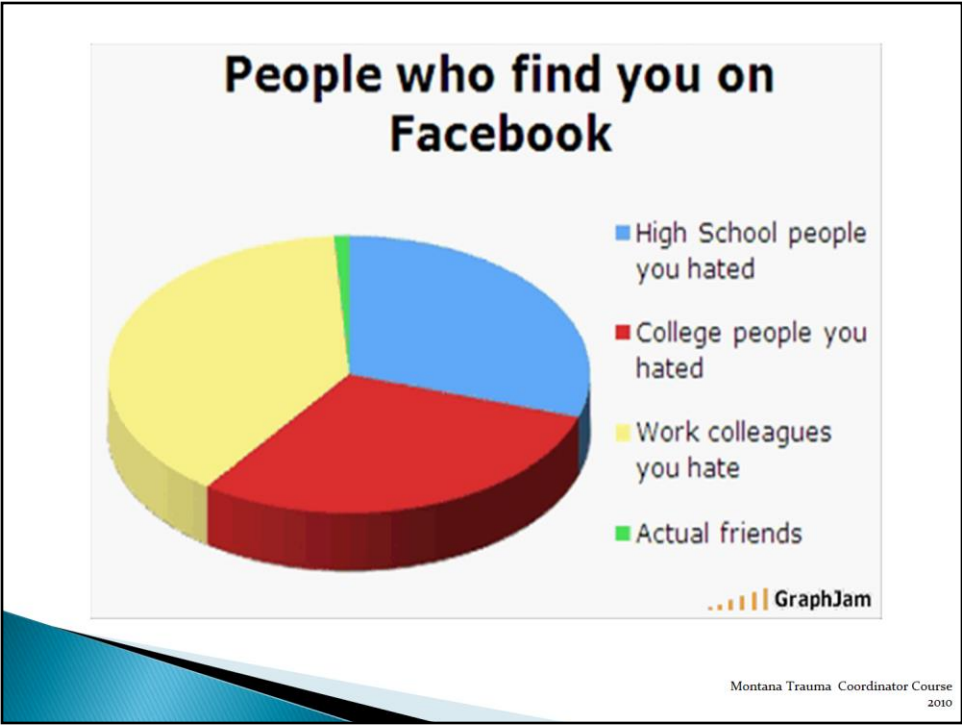


Graphs CAN work well to visually illustrate the issues. For instance: Motor Vehicle Crashes are still the most prevalent mechanism of injury, but falls are increasing as we all age in this state (and every minute, thank you very much). National statistics are also reflecting these trends.

This graph configuration works well to illustrate proportional trends

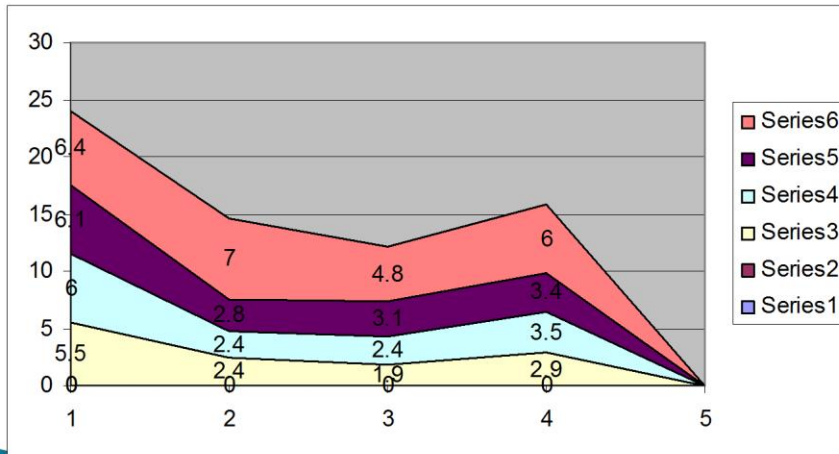


Graphs may help to visually illustrate the issues. Here’s another example of the effective use of the bar graph.



Relational comparisons can also be effectively graphed.

Top Causes of Death



However, NOT EVERYTHING translates well into “illustration by graph”. Graphs need to illustrate information clearly and meaningfully. Avoid the temptation to GRAPH EVERYTHING.

Injury Prevention

- ▶ Find out what injury prevention programs are already in your area or facility
 - Schools
 - Civic organizations and clubs
 - Public Health
 - Highway Patrol/Sheriff's Department/law enforcement
 - Fire Service
 - Community Education Projects

Are these programs well-established and effective?

What can you contribute to or collaborate on?

What else can you offer?

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What types of injury prevention activities are already active in your community? Can you participate in them or offer something additional based on what you've identified?

Injury Prevention

- ▶ Determine what you can do to prevent the injuries in your community/facility
 - MVCs
 - Restraint use
 - Intoxicated drivers
 - Hang posters in the ED hallways, clinic waiting rooms
 - Distribute pamphlets with information regarding Blood Alcohol levels and how they affect the drivers
 - SBIRT training at your institution/ ED
 - obtain training for employees of the ED
 - determine who is going to perform the screening exam for those patients who are admitted
 - Distracted driving (cell phone usage and texting)

Injury Prevention



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Injury Prevention

- MVCs

Car seat installation & safety for infants and children

- Is this being provided in your community already?
- Is it provided when the baby leaves the hospital after birth?
- Educate in schools and PTA meetings about the need for booster seats and current evidence based on position in vehicle and weight of the child

Injury Prevention



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This pictures shows proper baby seat installation and positioning.



This is an example of child safety seats

Injury Prevention

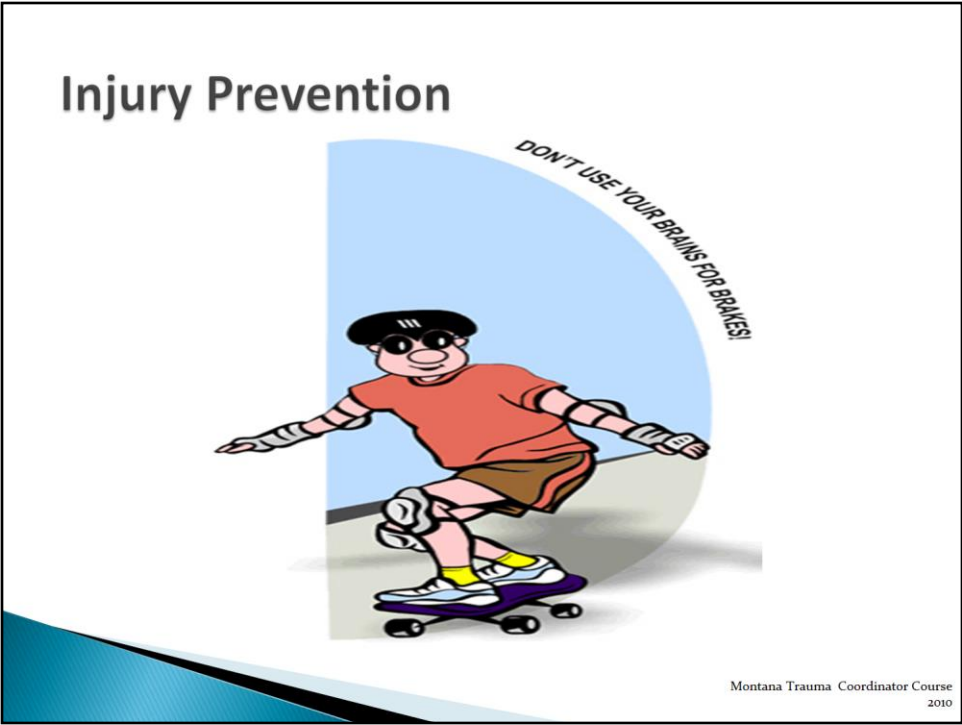
- Fall prevention programs
- Helmets for children and adults using bicycles, motorcycles, snowmobiles, ATV's, horses, skate boards, skiing, snowboarding
- Personal flotation devices, boating safety
- Poison prevention
- Fire prevention and safety
- Water & pool safety
- Gun lock safety
 - Providing locks for drawers and guns
 - Separate ammunition storage
 - Safe gun storage

Injury Prevention



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This is an example of bicycle safety using helmets with children.



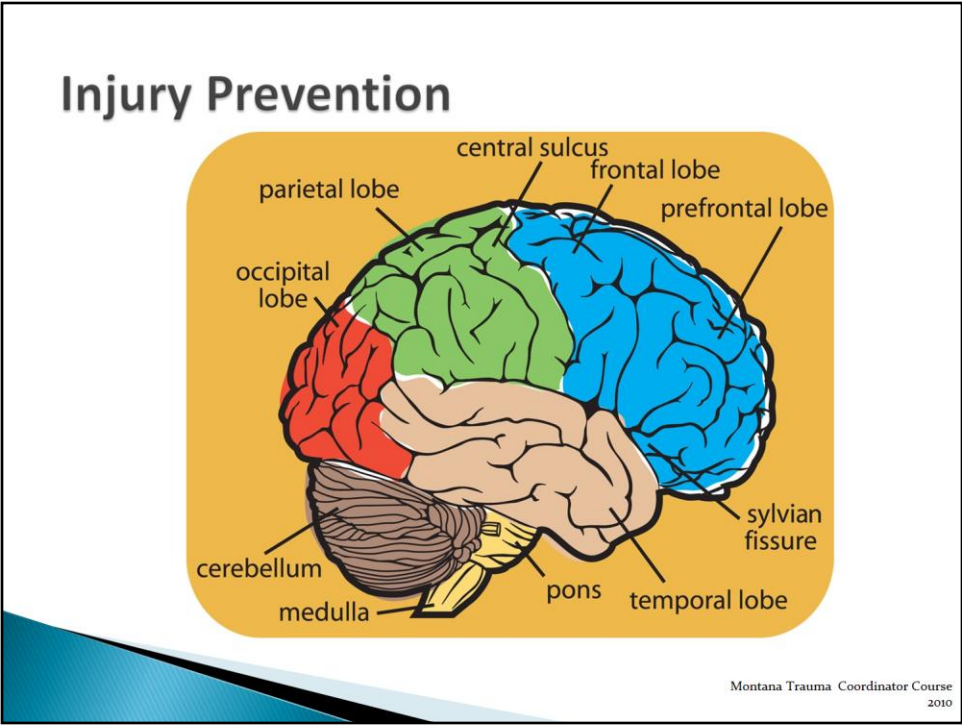
Skate boarding also should have protective safety equipment. Helmets, and pads.

Injury Prevention

- TBI (Traumatic Brain Injuries)
 - TBI pamphlets handed out in the ED with any patient with a concussion, LOC or brain injury
 - Resource Facilitation Service through Brain Injury Foundation
 - Concussion in Sports
 - Educating players, families, coaches , schools, parents-PTA's

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Traumatic brain injuries not only effect the individual but family and friends as well. What are some of the warning signs of TBI and what can we do as members of our communities to help these individuals to return to their previous level of function (and not incur additional brain injury?)



This is an example of a poster illustrating a mild brain injury & frontal brain contusion.

Injury Prevention

- ▶ How are you going to distribute educational materials?
 - Have a plan
 - Use people in your community and facility to help
 - Use local expertise: Police, Fire Departments, EMS, Sheriff's Department, Highway Patrol, PTA, Kiwanis, Church groups, MADD, Knights of Columbus, Public Health, Scouts, High School student organizations, clinics, employees in your facility
 - Health & Safety Fairs
 - School activities and gatherings
 - Community gatherings: churches, fairs, rodeos, open houses
 - Education conferences, meetings

Injury Prevention

- ▶ Get involved at the State and Regional Level
 - Be part of the “Stepping On” Program, Primary Seat Belt Initiative, SBIRT training, TBI awareness/referral
 - Grants may help pay for educational programs
 - Contact the State EMS and Trauma Systems Section -Bobbi Perkins, the State Injury Prevention Coordinator , for more information about getting involved at the State and Regional Level
 - Some hospitals have foundations that award funds for safety, prevention and intervention activities

Injury Prevention

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Injury Prevention

- ▶ Are your injury prevention strategies working?
 - Track MVC, falls, bicycle crashes, horse related injuries, etc.
 - Has the total number of injuries decreased or increased?
 - What else has cropped up?
 - May be where you start with some injury prevention strategies
 - Is your existing program working???
 - Does your program need tweeking to meet the needs of the community and patients??

Injury Prevention

- ▶ Have fun!!!!
- ▶ Take classes and network with other trauma coordinators, other community organizations, State Injury Prevention, etc
- ▶ Injury Prevention can be very rewarding work!
 - You can make a real difference in your community, your facility and for your patients!